

The Correlation Between Instagram Social Media and Self-Esteem in Adolescents of Grade Xii Culinary Art Department of State Vocational High School 2 Depok

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ABSTRACT. The development of technology in Indonesia is always increasing rapidly, unconsciously, and has influenced the human life aspect. Technology, which is very popular in this modern age, is a gadget. The use of gadgets is limited not only by adults but also by teenagers, children even early-age children. The advance of technology has an either positive or negative impact if they are used improperly or excessively especially by children therefore the parents play an important role and become the base of growth and development of children. This research is titled "The Correlation between the Level of Parents' Knowledge and Management of Gadget Use in Pre-school Children in RW 03 Kedaung Village, Ciputat". The purpose of this research was to find out the correlation between parents' knowledge level and management of gadget use in pre-school children in RW 03 Kedaung Village, Ciputat. This research method was quantitative with a cross-sectional approach. The population used in this research were parents who have pre-school children in RW.03 Kedaung Village, Ciputat as many as 87 children. Sample of the research as many as 87 respondents by using non-probability sampling with total sampling technique. Based on the result of the research was found r value + 0.773 and $p = 0.000$ ($p < 0.05$) so that the result of this research showed that there was a significant correlation between parents' knowledge level and management of gadget use in pre-school children in RW.03 Kedaung Village, Ciputat. It is necessary that the parents must improve their knowledge about gadget because the higher the knowledge they have, the more the parents know how to control and limit the gadget use in pre-school children.

Keywords: knowledge, parents, management, gadget and pre-school children.

1. INTRODUCTION

Adolescence is one of the most important periods of human development. Adolescence is a period of transition from childhood to adulthood. At that time, many were marked by changes both physically, mentally, and psychosocial. One of the changes experienced by adolescents, especially young women is menstruation. With the internet, we can use various kinds of social media. Currently there are several kinds of social media used by Indonesians, especially among adolescents, such as Facebook, Twitter, Instagram, Tinder, YouTube, Line, WhatsApp, and Skype. The most used social media among adolescents is Instagram [1].

In social media, Instagram's popularity beats Facebook among the adolescents. A survey conducted by the Piper Jaffray Research Institute on adolescences in the United States (US), proved that 33% of adolescents aged 13-19 years old predominantly accessed Instagram, and while 20% of them accessed Twitter. That's why it was ranked in the 2nd place [2].

Through the survey conducted, the demographics of Instagram users were also revealed based on age.

Most of Instagram was dominated by active users aged 18-24 years old with a percentage of 59%. Meanwhile, users aged 25-34 years old were at 30%, and users aged 34-44 years old were at 11%. Instagram, as one of the popular social media in Indonesia, was in eighth place with 10% of users. It was ranked on the source e-marketer.com (2017).

Based on a survey from the Global Web Index Data in 2014, Indonesia was a country that had the most active social media users, which was 79.7% compared to other countries such as the Philippines by 78%, Malaysia by 72%, and China by 67%. It confirmed that social media users in Indonesia were 15% of the total population and the average time used by users to access social media was 2 hours, 54 minutes per day. Most of them accessed it by using a smartphone or tablet. Meanwhile, the most accessed social media was Facebook, with around 62,000,000 users, followed by Twitter and Instagram, respectively.

The positive impact of playing social media is it makes us easier to interact with many people. In social media, distance and time are no longer an important issue. Searching important information, making friends, expanding one's relationships,

becoming an arena for self-expression, being an entertainment media, being a business field are also parts of the positive impacts of playing social media.

The negative impact of playing social media itself, for example, it is like keeping the people around us away because they are too busy and enjoy playing social media. It makes someone addicted to playing social media and lack of privacy due to the habit of posting their personal activities, especially among today's adolescents [3].

Self-esteem is an individual's assessment of self-respect, through an implicit attitude towards himself and describes the extent to which the individual assesses himself based on his overall self-evaluation as a person who has abilities, is competent, valuable, and meaningful. Self-esteem also has negative impacts such as humiliating others by mocking, using excessive body language, touching inappropriately, allowing mistakes to occur, bragging about achievements, humiliating themselves, and speaking harshly [4]

The results of a preliminary study on 10 adolescents aged 16-17 years old at State Vocational High School 2 Depok through interviews with 10 adolescents, it was found that 9 out of 10 adolescents Instagram users experienced self-esteem or reduced self-esteem. It found that 9 out of 10 adolescents said that they experienced anxious feelings when uploading photos or videos to their social media accounts if they got a few likes or comments from their surrounding friends on social media. These adolescents also said that they could not control their feelings when seeing their friends on social media uploading photos or videos with lots of likes and comments. They also said that they always had the feeling of not wanting to be rivaled by other friends on social media and always wanted to look cool on their social media. Based on the description above, the researchers intended to conduct a research with the title "The Correlation between Instagram Social Media and Self-Esteem in Adolescents of Grade XII Culinary Art Department of State Vocational High School 2 Depok".

2. LITERATURE REVIEW

Adolescence is one of the most important periods of human development Instagram, as one of the

TABLE 1. Frequency Distribution of Respondents According to Age at Vocational High School 2 Depok year of 2020 (n=94)

Kategori	Frekuensi	%
15 years old	24	25,5
16 year old	68	72,3
17 yeras old	2	2,1
Total	94	100

Source : Primary data, 2020

popular social media in Indonesia, The positive impact of playing social media is it makes us easier to interact with many people. In social media, distance and time are no longer an important issue. Searching important information, making friends, expanding one's relationships, becoming an arena for self-expression, being an entertainment media, being a business field are also parts of the positive impacts of playing social media. The negative impact of playing social media itself, for example, it is like keeping the people around us away because they are too busy and enjoy playing social media. It makes someone addicted to playing social media and lack of privacy due to the habit of posting their personal activities, especially among today's adolescents [3].

Self-esteem is an individual's assessment of self-respect, through an implicit attitude towards himself and describes the extent to which the individual assesses himself based on his overall self-evaluation as a person who has abilities, is competent, valuable, and meaningful

3. RESEARCH METHOD

In this study, the researchers used a descriptive-analytic method which aimed to determine the correlation between Instagram social media and self-esteem in Adolescents of grade XII at Vocational High School 2 Depok. Collecting data was through quantitative methods using a cross-sectional approach. The researchers conducted this research at Vocational High School 2 Depok from March-April 2020. The population in this study amounted to 94 students of grade XII majoring Culinary Art Department at Vocational High School 2 Depok. By using the sample of 94 students of grade XII majoring Culinary Art Department, the researchers used probability sampling with proportional random type, namely stratified random sampling/ sampling based on strata/ class. The type of sample obtained used the Lemeshow formula calculation. The data collection technique in this research was through a questionnaire with online media, namely Google Form

4. RESULT AND DISCUSSION

4.1 Age

According to table 1 frequency distribution of 94 respondents according to the age, it found that most of them were 16 years old, namely 68 respondents

(72.3%), while 24 respondents (25.5%) were 15 years old, and 2 respondents (2.1%) were 17 years old

4.2 Gender

TABLE 2. Frequency Distribution of Respondents According to Gender at Vocational High School 2 Depok year of 2020 (n= 94)

Kategori	Frekuensi	%
Male	29	30,9
Female	65	69,1
Total	94	100

Source: Primary data, 2020

According to the table 2 respondents' distribution frequency, it found that most of them were female,

namely 65 respondents (69.1%) and 29 respondents (30.9%) were male.

4.3 Use of Instagram social media

TABLE 3. Frequency Distribution of Respondents According to Instagram Social Media Use at Vocational High School 2 Depok year of 2020 (n= 94)

Kategori	Frekuensi	%
Well	50	52,3
Poorly	44	46,8
Total	94	100

Source: Primary data, 2020

According to table 3 respondents' frequency distribution on 94 adolescents, it found that most of them, namely 50 respondents (53.2%) used Instagram

poorly and 44 respondents (46.8%) used Instagram well.

4.4 Self-Esteem

TABLE 4. Frequency Distribution of Respondents According to Self-esteem at Vocational High School 2 Depok year of 2020 (n= 94)

Kategori	Frekuensi	%
Good	43	45,7
Sufficiency	48	51,1
less	3	3,2
Total	94	100

Source : Primary data, 2020

According to table 4, respondents' frequency distribution on their self-esteem, it found that most of them had sufficient self-esteem, namely 48 respondents (51.1%), 43 respondents (45.7%) had

good self-esteem, and 3 respondents (3.2%) had less self-esteem

4.5 Bivariate Analysis

Correlation between Instagram Social Media with Self-Esteem

TABLE 5. Analysis of Correlation between Instagram Social Media with Self-Esteem on Adolescents of Grade XII Culinary Art Department at State Vocational High School 2 Depok year of 2020 (n= 94)

Use of Penggunaan Instagram	Self-Esteem						Total		P- Value
	Good		Sufficient		Less		N	%	
	N	%	N	%	N	%			
Poorly	19	38.0	31	62.0	0	0.0	50	100.0	0.026
Well	24	54.5	17	38.6	3	6.8	44	100.0	
Total	43	45.1	48	51.1	3	3.2	94	100.0	

Source : Primary data, 2020

According to table 5, the analysis of the correlation between Instagram social media with self-esteem on adolescents of grade XII Culinary Art Department at State Vocational High School 2 Depok with 94 respondents, it found that poor users

of Instagram with high self-esteem were 19 respondents (38.0%), poor users of Instagram with sufficient self-esteem were 31 respondents (62.0%). The results of good Instagram use with good self-esteem were 24 respondents (54.5%), good Instagram

use with sufficient self-esteem were 17 respondents (38.6%), good Instagram use with less self-esteem were 3 respondents (6.8%).

According to the analysis using Chi-Square, it found that statistical analysis test results of correlation between Instagram social media with self-esteem got $p\text{-value} = 0.026 < \alpha = 0.05$. H_a was accepted, so it concluded that there was a correlation between Instagram social media and self-esteem in adolescents of grade XII Culinary Art Department at State Vocational High School 2 Depok.

Based on the results of the analysis using the Chi-Square formula, the statistical test results of the analysis of the correlation between Instagram social media and self-esteem behavior, it got $P\text{-Value} = 0.026 < \alpha = 0.05$. H_a was accepted, so it concluded that there there was a correlation between Instagram social media and self-esteem in adolescents of grade XII Culinary Art Department at State Vocational High School 2 Depok.

The meaning of Instagram is social media with a more practical photo and video processing system and information acquisition. It takes and distributes photos and videos with the features presented, so it's no wonder Instagram is the most popular social media [5]. Self-esteem is an assessment or consideration that a person makes about himself [6].

This is in line with research according to Ratri (2018) entitled "The Relationship between Social Media Use and The Level of Self-Esteem of Adolescents in State High School 2 Jember". This study used a cross-sectional study using cluster sampling on 258 students of State High School 2 Jember. Data were analyzed using the Spearman correlation test with a significance level of 0.05. There was a negative correlation between the use of social media and adolescent self-esteem (p value: 0.021; r : 0.144) which meant that H_0 was rejected and H_a was accepted.

Based on the results of the above analysis, the researchers concluded that adolescents who use Instagram were less able to have good self-esteem. Meanwhile, adolescents who had high or good self-esteem will be more able to respect themselves.

5. CONCLUSION

The results of the study on the 94 respondents surveyed were mostly 68 respondents (72.3%) aged 16 years, 65 respondents (69.1%) were female, 50 respondents (53.2%) used Instagram poorly, and few used Instagram well, meanwhile, 48 respondents (51.1%) had enough Self-Esteem. Based on the results of the analysis using the Chi-Square formula, the statistical test results of the correlation between Instagram social media and self-esteem analysis obtained $p\text{-value} = 0.026 < \alpha = 0.05$. H_a was accepted so that it concluded that there was a correlation between Instagram social media and self-esteem in adolescents of Grade XII Culinary Art Department of State Vocational High School 2 Depok[3]

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